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Man sustains head injuries in 4-floor fall

ACCIDENT An Ottawa man is fighting for his life after plunging four storeys from a balcony in the downtown area early yesterday morning.

Police and paramedics called to a Cartier Avenue building shortly after 3 a.m. yesterday discovered a man unconscious on the street after he fell from a balcony on the fourth floor.

The man, who is in his 20s, was rushed to hospital, where he was treated for head injuries.

"Our investigations revealed that it was an accidental fall," said Ottawa Police Const. Al Boucher. "He's in hospital in serious condition."

Witnesses made the calls to the paramedics, he said.

"Alcohol is being considered as a factor," said Boucher, who added that incidents like this are "very, very rare."

The man's name was not released.

TRACEY TONG/METRO OTTAWA

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ottawaletters@metronews.ca

Election 2008 pg 5

- **Lawrence Martin looks south of border**
- **May proposes love we can all live on**

Celebrity page 14



More twins in Tinseltown?

Green party **Left out**



Green Party Leader Elizabeth May donated organic produce, grown by Ottawa area farmer Jim McKenzie, to the Ottawa Mission yesterday to illustrate her party's policy to have grocery store space set aside for locally grown food. But the big news was an announcement that May would not be allowed to participate in the upcoming leaders' debate, to be held in Ottawa. Story, page 5.

Majority support for Harper?

VOTERS The federal Conservatives appeared yesterday to be riding a wave of public support that could hand them their first majority government since 1988.

The Conservatives entered the second day of the campaign for the Oct. 14 vote with clear signs of

Election 2008

being better organized and financed than their main opposition, the Liberals. Polls also showed voters strongly prefer Prime Minister Stephen Harper over Liberal Leader

Stephane Dion.

A Segma poll in yesterday's La Presse newspaper put support for the Conservatives at 43 per cent, which would translate into about 183 seats in the 308-seat House of Commons. The poll gave the Liberals 25 per cent, or about 62 seats.

REUTERS

Tories vow cop funds for Capital

Money pledged for events linked to national status

TIM WIECLAWSKI
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Election 2008

Pressure on the Ottawa Police's budget could be eased if the federal Tories are re-elected, says a prominent local cabinet minister.

Flanked by local Conservative candidates, Ottawa West-Nepean MP and Environment Minister John Baird said yesterday that a new Stephen Harper government would help cover local policing costs associated with Ottawa's status as national capital by establishing baseline funding for events, such as security for visiting dignitaries.

"This is a fairer way to pay for ... what is really a federal service done by the Ottawa Police."

Tory MP Royal Galipeau

"There is no one solution to making our community safer, but this is an important step to making it safer in terms of making resources available to police," Baird said at an appearance with Ottawa Police Chief Vern White.

White said the cost of policing such events fluctuates, but a deal could mean at least \$2 million per year for Ottawa.

In other municipalities,

policing costs associated with hosting international events are charged to the Royal Canadian Mounted Police. But when foreign diplomats visit Ottawa, the costs are borne by the city. When Republican presidential nominee John McCain visited recently, for example, Ottawa taxpayers paid \$28,000 in overtime costs for his security.

"A lot of the work of the Ottawa Police has nothing to do with municipal ratepayers. It's really the work of federal income tax payers," said Conservative Ottawa-Orleans MP Royal Galipeau.

"This is a fairer way to pay for ... what is really a federal service done by the Ottawa Police."

Last week, Ottawa Police called for an additional \$9.95 million in their 2009 budget to deal with rising labour costs. White had said much of that increase could be recouped if the federal government covered policing for national capital-related events and if the province uploaded court services costs.

"If we can get the province to step up (and) look at court cost and uploading the court function, that would be in excess of \$5 million a year," said White.



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Canada's terror trial will continue

A judge refused yesterday to throw out charges against accused terrorist Momin Khawaja, saying the Crown has presented evidence enough against the Ottawa software developer for the high-profile trial to continue. Khawaja faces seven charges of financing and facilitating terrorism. **METRO OTTAWA**

Ottawa



Ill-advised U-turn costly

Provincial police have charged a city woman after a driver pulled a U-turn in front of oncoming traffic to avoid a R.I.D.E. check. Ottawa OPP conducting a R.I.D.E. program at 2 a.m. on Sunday at the Castlefrank overpass and Highway 417 witnessed a female motorist turn off the westbound off-ramp at Castlefrank into the path of cars getting off the highway. **SOURCE: OPP**

Gay Village event feels 'shoved' off the street

But Bank St. BIA says it objected to road closure, not theme

TRACEY TONG
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A group working to have part of Bank Street designated a Gay Village feels "shoved aside" after local businesses objected to a fundraising event that would have closed a section of the road tonight.

But the Bank Street BIA says any suggestion of discrimination is "preposterous" and that members only objected because businesses have already been hard hit by road closures this year.

A screening of The Wizard of Oz planned for this evening had to be moved onto Gilmour Street after the BIA's Special Events Team denied a permit to close Bank between Somerset and MacLaren. It comes on the heels of a BIA decision last month not to officially brand a section of Bank as a "Gay Village."

"It's symbolic and a literal shoving aside. It's frustrating. It hurts," said Village Initiative chairman



Village Initiative chairman Glenn Crawford said he feels the Bank Street BIA is excluding the city's GLBT community after a permit to hold a street event fundraiser on Bank St. was turned down. The event will run on Gilmour Street tonight instead.

Glenn Crawford.

Bank St. would have been ideal for the event, since Village Initiative is

trying to get a six-block area between Nepean and James streets known as the GLBT Village.

Road woes

• Ongoing construction has already closed several blocks of Bank Street north of Somerset for weeks this summer.

"We didn't feel that the closure of one block would cause a dramatic inconvenience on a Tuesday evening," said Crawford.

Executive director Gerry LePage said the Bank Street BIA's objection "has nothing to do with the nature of the event, but with logistics, sustained closures and sustained construction" the area has endured.

The screening, which begins at 7 p.m. tonight, is a fundraiser for the Village Initiative's attempts to get part of Bank St. officially designated a GLBT Village.

Crawford said "a line in the sand seems to be drawn" against plans for a Gay Village.

"We can only try for so long to work with people who are shoving us aside before we begin to shove back."

Death may be linked to listeriosis

FATALITY Ottawa's medical officer of health has reported the city's first death potentially associated with the recent listeriosis crisis to sweep the country.

The death is connected to the most recent case of listeriosis reported on Aug. 28 in Ottawa.

"Our sympathies are extended to the family for their loss," Dr. Isra Levy

said yesterday. "Ottawa Public Health is continuing to investigate whether this case is linked to the current listeriosis outbreak related to deli meats."

Across the country, there have been a total of 13 deaths in which listeriosis has been found to be a contributing or underlying cause.

CTVOTTAWA.CA

Readiness varies as writ drops

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PREPARATION Election signs are sprouting up, but some local ridings are still organizing for a campaign that's already begun.

As of yesterday, the NDP still needed to select candidates in Ottawa-Vanier and Nepean-Carleton, while other parties admitted it's been a rush to ready for the federal election call.

Spokesperson Robin Nieto said the NDP will finalize candidates at meetings this week, and campaigns will start soon after.

"We're committed to being very democratic with our nomination meetings. We're not like other parties that just appoint their candidate," said Nieto.

Bruce Poulin, president of the Ottawa-Vanier Conservative Riding Association, said it normally takes a month to vet candidates. A short campaign means that some ridings are putting forward the candidates that can organize themselves first.

He said the majority of Conservative candidates had gone through a nomination process, with some selected as early as last year.

Fred Ghabban, campaign manager for Nepean-Car-

Election 2008

leton Liberal Ed Mahfouz said he isn't officially opening his campaign office until next Sunday.

Colin Hine, campaign manager for Ottawa South Green candidate Qais Ghanem, hoped to benefit from the party's readiness.

"Last summer, we were in election-readiness mode," he said.

metronews.ca

What's online today.

Watch as coalition troops salute the 97th Canadian soldier to be killed in Afghanistan, and check out MetroTube of the day to see Oasis' Noel Gallagher get assaulted onstage during Toronto's Virgin Festival.
Read Allan Small's Investment Perspective

Lotteries

Ontario Pick 3	397
Ontario Pick 4	4087
Encore	8076821
Daily Keno	3, 6, 13, 14, 18, 23, 28, 33, 42, 43, 45, 52, 53, 55, 56, 58, 61, 64, 65, 68

These results are not official.



News in brief

DEATH A tradesworker died after falling off a ladder and striking his head on the ground yesterday in Ottawa. The Ministry of Labour will be investigating after the fatal incident that happened at 1:30 p.m. yesterday, at a construction site on the grounds of the Children's

Hospital of Eastern Ontario. Police yesterday were withholding the name of the worker until next of kin could be notified.

CHARGES An Ottawa woman now faces multiple charges following a hit-and-run that left a man dead early Sunday morn-

ing in Centretown. Police reported yesterday they had charged Harriette Miandabu Kalala, 34, of Ottawa, with two Criminal Code offenses after a car struck a pedestrian on Somerset Street West, between Bay Street and Lyon streets, at 12:30 a.m. Paramedics

transported the 54-year-old man to Ottawa Hospital's Civic campus, where he died. His name was still being withheld yesterday pending notification of family. Ottawa police arrested a female suspect shortly after the incident.

METRO OTTAWA



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The New Brunswick Health Department has confirmed a woman with listeriosis has died in the province. A woman in her early 80s, who was a nursing home resident and who had listeriosis, died in a New Brunswick hospital, officials said yesterday. **SOURCE: CBC NEWS ONLINE**

Canada

"The audience seemed shocked at first — the fan came out of nowhere."

Oasis concertgoer Ryan Markle speaking about a fan who attacked Noel Gallagher on stage while Oasis performed.



Attacked

A 47-year-old concert-goer has been charged with assault after the British band Oasis were attacked onstage in front of 25,000 fans Sunday night in Toronto. **TORSTAR NEWS SERVICE**

Khadr's launch PR campaign

The notorious Khadr family has launched their own public relations campaign in an effort to quash their reputation as "Canada's First Family of Terrorism" and put the case of Guantanamo detainee Omar Khadr on the federal election agenda.



Omar Khadr

TheKhadrLegacy.com went online yesterday as a press release quoting Khadr's sister Zaynab was e-mailed to reporters. "Our brother is being held in Guantanamo Bay based on the lies told by both the American and

Canadian governments," she stated. "(A)n election is the perfect opportunity to tell those politicians that we are not going to be their bogeyman any longer."

Khadr is scheduled to go on trial next month in Guantanamo for five war crimes, including murder for the death of U.S. Sgt. Christopher Speer. Khadr was captured in Afghanistan at the age of 15. Now turning 22 he has spent a third of his life jailed in Guantanamo.

TORSTAR NEWS SERVICE

Simmons factory closes its doors

JOBS Simmons Canada has abruptly closed its mattress factory in Brampton instead of resuming bargaining with about 150 striking workers.

Union negotiators had expected more contract talks yesterday in efforts to end a three-week walkout, but a senior Simmons official told them the company would be shutting down immediately and transferring production elsewhere.

Simmons, one of Canada's biggest bedding manufacturers, indicated it will continue to produce about 25 per cent of the mattress output of the Brampton plant at operations in Kirkland, Que., and Calgary. It will produce the remaining 75 per cent at opera-



Simmons Canada Inc. workers protest in front of the mattress plant in Brampton, Ont. after hearing of the closing of their plant yesterday.

tions in America.

Simmons president Paul Bognar said the effects of the strike have compromised the plant's economic viability.

The plant, which makes the popular Beautyrest brand of mattresses, has operated at the site for about 35 years.

TORSTAR NEWS SERVICE

No licence? No problem, says report

LEGISLATION Gloria O'Neill driver's licence was suspended as far back as 1978, when she was just 21. In 1984, it was suspended again.

Still forbidden to drive, she got a new licence under a different name.

When that, too, was suspended, she got a third.

Five years ago, after she dragged a pedestrian to his death in a crosswalk, a court banned her from driving for 10 years. An average of 11,000 drivers a year are caught driving after losing their licences. But nearly five years after legislation was passed allowing police to automatically check whether someone renewing a licence plate has valid insurance, an auditor general's report shows the program is still not running.

"The Ministry of Transportation continues working with the Insurance Bureau of Canada on a proposal which will enable electronic verification," the ministry said in an e-mail.

jail time

- Drivers that are caught under an administrative suspension — for not paying fines — usually get another fine and a longer suspension but face no jail time.

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Looking for home security?

BIKER GANGS Sometime in the not-so-distant future, the province of Ontario could be shopping for a buyer for a long-time biker clubhouse in Oshawa.

The modest bungalow that served as headquarters for the Hells Angels Oshawa chapter is now the property of the province,

after a ruling by the Ontario Superior Court of Justice last week that declared it an "instrument of unlawful activity."

The home features steel reinforced doors, security cameras and the club's Death Head patch of a winged skull on the front door. **TORSTAR NEWS SERVICE**

News in brief

SHOOTING Three schools in northwestern Toronto remained in lockdown yesterday after a young man was shot to death nearby. Five schools in total were locked down but two were released.

RANSOM Kidnappers who abducted Alberta freelance journalist Amanda Lindhout in Somalia on Aug. 23 demanded \$2.5 million US for her release yesterday.

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METRO NEWS SERVICES

canada 5

Election 2008

News in brief

MIDDLE CLASS Prime Minister Stephen Harper put the spotlight on the middle class during a stop at a suburban Vancouver home yesterday. Harper is hoping his support for middle class families — and a targeted outreach to ethnic communities — will help his party break into Canada's big cities, the long-held Liberal bastions.

ENVIRONMENT NDP Leader Jack Layton campaigned in the NWT yesterday, saying he wants to alert Canadians to the environmental dangers posed by oilsands production.

GUNS With the site of a gunman's murderous rampage as a backdrop, Liberal Leader Stéphane Dion promised to strengthen gun laws to ensure that military assault weapons are banned. To talk about gun control, Dion visited Dawson College in Montreal where, in 2006, Kimveer Gill fatally shot student Anastasia De Sousa and wounded more than a dozen others before killing himself.

TORSTAR NEWS SERVICE

35 days remain until the 2008 Canadian federal election

Disaster for liberals

Palin's popularity boosts Republicans in U.S.

National Report

Lawrence Martin



It's nightmare time for Canadian liberals. They're looking at a potential disaster, not only here where trends show the Harper Conservatives moving toward a majority, but also in the United States, where a bible-thumping, gun-toting, war-loving hot mother is aborting, so to speak, the Democrats' chances of taking the White House.

It may be short-lived, but so far the Sarah Palin veep choice by John McCain is providing the Republicans with the surge they so desired. For the first time in months they now lead the Democrats in the polls.

It was just a while back when Barack Obama had Canadian liberals all aglow over what looked to be a certain takeover of the presidency.

Polls have shown Canadians favour Obama by a whopping

3-to-1 or 4-to-1 margin over the Republicans. It stands to reason. Canada is predominantly a country of the centre-left. Combine the support of the soft centre and left-side parties — Liberals, New Democrats, Greens, Bloc — and it constitutes about two-thirds of the population. A contingent run by McCain/Harper is the last thing they want.

South of the border, Palin's resoundingly effective speech at the Republican convention turned the tide. Many were starting to

feel McCain had made a huge blunder — until the inexperienced Alaskan governor took the podium. But she allayed fears. She was poised and, on the subject of Obama, devastatingly acerbic.

If there is feminist outrage over her pre-Cambrian views it isn't manifesting itself. Why isn't Hillary Clinton ripping her to pieces? Will feminists set aside their core beliefs just because Palin is of their gender?

In an election as important as the American presidency, gender is important, but far more important is the candidate's beliefs.

While it's about damn time another woman is on a presidential ticket, Palin borders on being a zealot. She is an ideological affront to the majority of Canadians.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.



Sarah Palin

May proposes 'lovable income' to fight poverty

Poverty could be ended by replacing welfare and other "shame-based" support programs with a single cheque that guarantees a lovable income, Green Leader Elizabeth May says.

"The solution to end poverty is a guaranteed lovable income for all that says that every single Canadian recipient receives enough money to live on," May told reporters yesterday at an Ottawa soup kitchen where she highlighted her anti-poverty strategy.

She said the Green fiscal policy proposes that no one earning \$25,000 or less pay income tax, and that those receiving the guaranteed

lovable income should be able to earn money without having their support clawed back.

No debate

• Shut out of the national leaders' election debates, Green party Leader Elizabeth May says she'll sue to reverse what she called a sexist, anti-democratic decision by her political rivals and big TV broadcasters. "This is anti-democratic, closed-door, back-room decision making by four national party leaders who are all men, and five television executives who are all men, to keep out the one woman leader of a federal political party and I don't think many Canadians will think that was fair," May said.

"We have in this country systems to assist the poor that are essentially shame-based," May said. "You have to prove you're poor. You have to prove that you're not making money anywhere else. You have to prove you're disabled."

"This kind of shame-based policy must end. Every Canadian has the right to their own dignity, their rights as a human being to a decent roof over their head, and the ability to make money," she said.

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Electronic Arts Inc. has delayed until next summer its Harry Potter and the Half-Blood Prince video game to coincide with the postponed release of the film of the same name by Warner Bros Pictures. Shares of EA fell 3 per cent after the announcement yesterday. **REUTERS**

World/Business

O.J. jury selection starts

Jury selection began yesterday in the Las Vegas robbery and kidnapping trial of O.J. Simpson, and the judge told prospective panelists to put the former football star's 1990s murder trial out of their minds.

This trial centers on accusations that Simpson led the 2007 robbery of his own sports memorabilia from a Las Vegas hotel room.

"If you think you are going to punish Mr. Simpson for what happened in L.A. ... this is not the case for you," said Clark County District Judge Jackie Glass, according to an online Los Angeles Times report.

Simpson was charged in Los Angeles in the June 12, 1994, murders of his ex-wife, Nicole Brown Simpson, and her friend Ron



O.J. Simpson and Clarence (C.J.) Stewart appear in court with their attorneys during the first day of jury selection for their trial at the Clark County Regional Justice Center in Las Vegas, Nevada.

Goldman. He was acquitted after a sensational so-called "Trial of the Century" that transfixed much of the world.

The Las Vegas case stems

from accusations that Simpson, 61, led five accomplices in robbing a pair of sports collectors at gunpoint at the Palace Station hotel and casino.

He and a co-defendant, Clarence Stewart, could face life in prison if they are convicted on all the charges against him.

REUTERS

Three guilty in bomb plot

TRIAL Three Britons were found guilty yesterday of conspiracy to kill using homemade liquid bombs, but the jury failed to agree that they intended to blow up transatlantic airliners in an al-Qaida-style attack after departing London's Heathrow Airport.

After a five-month trial and more than 50 hours of deliberation, the 12-person jury found only three of the defendants — Abdulla Ahmed Ali, Assad Sarwar and Tanvir Hussain — guilty of a lesser charge of conspiracy to commit murder.

REUTERS

News in brief

IKE Hurricane Ike blew through the warm Caribbean Sea toward western Cuba and the Gulf of Mexico oilfields yesterday after ripping the eastern side of the island with high winds and torrential rains.

FRANCE A 59-year-old woman has given birth to triplets at a

Paris hospital after seeking fertility treatment in Vietnam. News of the pregnancy has drawn criticism in the French media since it was made public last week. It is illegal in France to provide fertility treatment to women who are no longer at an age when they can procreate naturally.

REUTERS

Business

Motorola accuses RIM of poaching workers

THREAT Motorola Inc. is suing BlackBerry-maker Research In Motion for illegally pilfering its employee ranks, the second time in three months it has turned to the courts to stifle competitive threats posed by departing workers.

The troubled handset-maker, which has failed to match the success of earlier models such as the Razz flip phone, appears to be having a tough time hang-

ing on to key people as the battle for the booming smartphone market heats up between RIM, Apple Inc., Nokia Oyj and others.

Motorola claims in a lawsuit filed in the United States that RIM has targeted at least 40 Motorola employees, who can't work for a competitor without revealing trade secrets, despite an agreement between the two rivals.

TORSTAR NEWS SERVICE

Toyota sticks to single shift

RAV4 Toyota Motor Corp. will stick to a single shift at a new plant in Canada indefinitely due to soft sales, a spokesman said yesterday. The Woodstock, Ont., factory has the capacity to produce 150,000 RAV4 SUVs a year, but will build half that, he said.

REUTERS

Ford eyes loans for technology

BACKING Ford Motor Co is ready to seek low-interest loans backed by the U.S. government for new fuel-saving technologies, CEO Alan Mulally said yesterday. His remarks came a day after the announcement of a government takeover of Freddie Mac and Fannie Mae.

REUTERS

Business in brief

MEETING OPEC ministers, who meet today, voiced concern yesterday about swelling supplies after oil prices touched a five-month low, but they stopped short of calling for immediate action to cut supply.

RECALL General Motors will recall almost 300,000 Chevrolet HHR wagons, including many in Canada for the 2006 through 2008 model years, because of a problem with a storage bin latch.

REUTERS

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business 7

Your Money

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONews.CA

Trim thighs, plump wallet

SmartCookies



One of our Smart Cookies decided this would be the year to kick it up a notch and get a personal trainer (yes, even Smart Cookies have personal trainers). In true Smart Cookie fashion, however, she did have to take on additional work to cover the costs of a personal trainer as it was not in her spending plan. We asked her to share some tips on saving with a personal trainer and then provide some options for those who aren't prepared to shell out the big bucks just yet, but still want to get the tight buns.

Buddy Up on Personal Trainers

If you don't want to pay the hefty fee that comes with having a personal trainer (\$50-\$85 an hour) ask if they offer a two-for-one special. Most trainers are comfortable training two people (or more) at once. If you share with a friend and commit to helping each other out, you and your bank account will feel much better. But even if you don't hire a personal trainer you should still buddy up and make a pact to meet each other at the gym certain times every week. You will be more likely to strap on your sneakers and go if you know your friend is saving you a treadmill. For us, getting in shape (just like getting your finances in order) only works when you have the motivation of others who hold you accountable.

YouTube It

YouTube covers just about everything from how to cut open a pomegranate to how to change the oil on your car. So it only seems logical that they would show us how



Ask your trainer if they offer a two-for-one special.

to get in shape. Gone are the days of renting Jane Fonda's latest VHS for \$20 at your local video store. Go to youtube.com and in the search engine box enter

the type of workout you'd like to try: Abs, Yoga, Pilates ... you name it! And the best part is — it's free! **Podcasts, Podcasts, Podcasts**

"Go to youtube.com and in the search engine box enter the type of workout you'd like to try: Abs, Yoga, Pilates ... you name it!"

Since many of us have an iPod, it's about time we figured out what else this little gadget can do besides play music. We just tested out this program online called "Couch-to-5K." Not only does it allow you to follow the program for

free, it also has corresponding podcasts you can download to your iPod and listen to the tutorials. And hey, even if you aren't training for a 5K run, it certainly gets you working out on a regular basis. (ul-reys.com/robert/Podcasts/)

If you have questions or comments for the Smart Cookies, please e-mail smartcookies@metronews.ca.

Tune in Wednesday night at 9 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

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On the web

- Henry Choo Chong's Money Matters column covers saving for your children's education beforehand as well as financing it throughout.
- Allan Small's Investment column looks at the current market in today's economy.
- Read both columns at metronews.ca.



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Student Cents

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

online deals

Stretching every dollar is a way of life for most students, but when Derek Szeto was in university he turned that necessary frugality into a business. Inspired by his own need to save money, he created RedFlagDeals.com, a website that highlights the best deals and coupons around Canada. What started as a hobby is now one of the largest websites in Canada with more than a million visitors every month.

He started the website with only \$100 and the time he had between classes and studying.

"Because I was a student, everyone was happy to give me advice or help out when they could," he said. "I was free to experiment because I didn't have a family counting on me to put food on the table."

When Szeto graduated from Queen's University in 2005, he had an important decision to make: Running RedFlagDeals.com full time or joining the workforce with a regular job. Szeto says the decision was easy: "If I hadn't given it a shot, I think I would have regretted it the rest of my life."

That was three years ago. RedFlagDeals.com now has 12 employees.

Szeto offers the following advice for budding student entrepreneurs: "When you're in university, you're surrounded by new ideas and people from every walk of life. Absorb it all and take advantage of everything around you. Opportunities are everywhere."

NEWS CANADA

Beauty on a budget

BRIAN TOWIE
brian.towie@metronews.ca

Just because you're a frazzled, penniless student, that doesn't mean you have to live like one.

It is possible for you to get access to a dentist, a quality salon-style haircut or even have a relaxing day at the spa if you're on a limited budget. You need not look further than your school, or your fellow students, to accommodate you. Various establishments offer services, often at pay-less rates that won't compromise your meagre means.

Need to have your teeth looked at but have no money for a dentist? Most schools offer a dental plan included in your tuition fees. If you're already covered under your parents' plan, your school may offer an option to back out and get part of your fee refunded to you. (Some institutions are reticent to vol-

unteer this information in the interests of very quietly keeping your money, so you may have to do some asking around about it.)

"A lot of student unions feature plans of this kind," says Chris McGrath, student affairs representative at the University of Toronto's Mississauga campus. "It varies by campus. Your health centre should have a database of core and extended set of what's covered depending on your status as a student. It can be different if you're mature or part-time."

You can even pamper yourself on the cheap if you know where to look. Local haircutting and spa

"We'll do a wash and cut for around \$9 that might easily cost \$100 somewhere else."

Henry Devlin

treatment academies will often offer their services at sometimes much less than half the cost of what the professionals will charge you, if you're willing to have it done by a student.

"Any student on a tight budget is looking for a good deal. We'll do a wash and a cut for around \$9 that might easily cost \$100 somewhere else," says Henry Devlin, director of the Marvel Hairstyling and Esthetic School's Ottawa branch.

There is the "get what you pay for" worry that work done by an inexperienced learner may result in disaster, and if you want this type of discounted service performed at a professional level, you'll have to be patient. Devlin says students at his school — part of a nationwide chain of stylist academies — may take a bit longer than someone with full training, but it's done to ensure the amateur does a good



It is possible to have a quality salon-style haircut if you're on a tight budget: Have it done by a local beauty school student.

job rather than have them make a mistake because they're rushed.

"There's that fear that not as good a job will be done," he said. "You have to make sure the student is at the appropriate level. Here, students train for at least two to three months before they work on people, and we've got teachers

on the floor to make sure they're doing it right.

"It might take two hours, a bit longer than a professional stylist. Not to say that they do, but we don't focus on getting people in and out the door. We want to make sure that the client has a great experience in a professional environment."

'Free' credit cards come with hidden costs

As a post-secondary student with a low — or no — income carrying a sizeable student debt, you should be careful with credit cards.

It's all too easy to get one: Credit card companies frequent campuses, luring in students with free swag and low starting rates. If you must have a credit card, here's how you

should treat it:

Never max out your card. The less of a balance you carry, the easier it is to pay off and the more you'll have available should an emergency arise. A good rule of thumb is to keep your balance less than 50 per cent of your credit limit, or better yet, an amount you can pay down by the

end of the month.

Another way is to get a credit card with the lowest possible interest rate and no annual fees, with just enough of a credit limit to get out of a jam. Don't carry it with you regularly.

If you can't afford to pay off the full balance, make more than the minimum payment, which often doesn't even cover princi-

pal (the amount charged to the card, interest aside). Compound interest (interest built on interest from the principal) builds quickly and before you know it, you'll be paying far more than you originally intended.

Pay on time.

Your credit rating (what lenders look at before they



decide whether you're a safe bet to front money to) can be affected by late payments and collection agencies. You'll need it in good standing when you make big-ticket purchases years down the road, like a car.

— BRIAN TOWIE



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Cycling

Seven-time champion Lance Armstrong will come out of retirement and compete in next year's Tour de France, the cycling magazine VeloNews reported yesterday. Calls to Armstrong's manager Mark Higgins were not immediately returned. **REUTERS**

Sports

EDITOR: JONATHAN P. KUEHLEIN, SPORTS@METRONWS.CA



Mets closer needs surgery

New York Mets closer Billy Wagner, left, will need season-ending surgery on his left elbow and will be out of action for a full calendar year, according to the team's website. An MRI exam taken yesterday revealed that Wagner, who has 27 saves this season, has suffered a torn MCL in the elbow. **Metro News Services**

Fantastic five-peat for Federer

Swiss superstar claims fifth straight U.S. Open victory

Roger Federer won his fifth U.S. Open in a row by beating Briton Andy Murray in the men's final last night and said he did not plan on stopping with his career haul of 13 grand slam titles.

"One thing for sure, I'm not going to stop at 13," the Swiss maestro said court-side after celebrating his first grand slam triumph of the year by falling to his knees, rolling over on to his back and covering his eyes with his hands.

The 6-2, 7-5, 6-2 victory put 27-year-old Federer one grand slam crown away from matching the record total collected by American Pete Sampras.

"It definitely feels great. This is a very special mo-

ment in my career," Federer said.

"I had a couple of tough grand slams this year, finishing in semifinals and two finals, one epic at Wimbledon," said the Swiss, who reached the last four at the Australian Open before losing the French and Wimbledon finals to Rafael Nadal.

"So, to take this one home is incredible. It means the world to me."

Federer became the first man to win five consecutive U.S. titles since American Bill Tilden in 1924.

His run in New York after previously claiming five straight Wimbledon titles made him the only player to have won five in a row at two different slams. **REUTERS**



Roger Federer of Switzerland kisses the trophy after defeating Andy Murray of the United Kingdom to win the 2008 U.S. Open men's championship match yesterday in New York.

Sports in brief

NFL New England Patriots quarterback and two-time Super Bowl MVP Tom Brady will miss the rest of the season with an injury to his left knee, the team said yesterday. He was hurt on a hit by Kansas City Chiefs safety Bernard Pollard Sunday.

CFL The Hamilton Tiger-Cats fired head coach Charlie Taaffe yesterday after a dismal 2-8 start to their season. Offensive

coordinator Marcel Bellefeuille has been named the team's interim coach.

METRO NEWS SERVICES

YorkReport

Marty York

Will return...

SCOREBOARD

MLB	Toronto at Chicago White Sox, 2:05 (Gm 1)	Arizona at San Francisco, 10:15
LAST NIGHT'S RESULTS AMERICAN LEAGUE Toronto at Chicago White Sox — ppd. (rain) Baltimore 14 Cleveland 3 Boston 3 Tampa Bay 0 Detroit 14 Oakland 8 N.Y. Yankees at L.A. Angels NATIONAL LEAGUE Philadelphia 8 Florida 6 Cincinnati 5 Milwaukee 4 Houston 3 Pittsburgh 2 L.A. Dodgers at San Diego Arizona at San Francisco TODAY'S GAMES AMERICAN LEAGUE	Tampa Bay at Boston, 7:05 Oakland at Detroit, 7:05 Cleveland at Baltimore, 7:05 Kansas City at Minnesota, 8:10 Toronto at Chicago White Sox, 8:11 (Gm 2) N.Y. Yankees at L.A. Angels, 10:05 Texas at Seattle, 10:10 NATIONAL LEAGUE Florida at Philadelphia, 7:05 Colorado at Atlanta, 7:10 Washington at N.Y. Mets, 7:10 Cincinnati at Milwaukee, 8:05 Pittsburgh at Houston, 8:05 Chicago Cubs at St. Louis, 8:15 L.A. Dodgers at San Diego, 10:05	CFL WEEK 13 FRIDAY'S GAMES Winnipeg at Toronto, 7 Montreal at Calgary, 10 SATURDAY'S GAMES Hamilton at Edmonton, 7 Saskatchewan at B.C., 10 NFL WEEK 1 LAST NIGHT'S RESULTS Green Bay 24 Minnesota 19 Denver at Oakland SUNDAY'S LATE RESULT Chicago 29 Indianapolis 13

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VOLUNTEERS NEEDED FOR DEPRESSION RESEARCH

Psychiatrists at the Ottawa Psychopharmacology Clinic are currently conducting a research study of an investigational medication treatment for depression. The purpose of the study is to further our knowledge about the treatment of depression. Treatment duration is approximately 8 weeks and includes a physical exam, blood tests and a psychiatric interview. A 52 week extension of continuing treatment will be offered to those completing the study and eligible for extension. All information provided will be treated in strictest confidence. To volunteer, you must be 18-70 of age, not currently in psychiatric treatment (unless you are being referred by your treating doctor), have no significant drug or alcohol problems and be in generally good physical health.



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I am having difficult sleeping.	<input type="checkbox"/>	<input type="checkbox"/>
I am feeling low in energy and slowed down.	<input type="checkbox"/>	<input type="checkbox"/>
My appetite has changed.	<input type="checkbox"/>	<input type="checkbox"/>
I am experiencing feelings of guilt.	<input type="checkbox"/>	<input type="checkbox"/>
I have lost interest in work and pleasurable activities.	<input type="checkbox"/>	<input type="checkbox"/>
I feel hopeless about the future.	<input type="checkbox"/>	<input type="checkbox"/>
I feel tense and anxious.	<input type="checkbox"/>	<input type="checkbox"/>
I am having difficulty making decisions.	<input type="checkbox"/>	<input type="checkbox"/>
I am having trouble concentrating.	<input type="checkbox"/>	<input type="checkbox"/>

Scientists have discovered the crucial ovulation-triggering role played by a small protein molecule in the brain, a finding that could hold the key to new therapies for infertility. **REUTERS**

Health



Care for skin and hair naturally

Be gentle on your skin and the environment with Organic Surge, a U.K. line of natural skin- and hair-care products, now available in Canada. The line comes in a variety of natural scents and features shower gels, shampoos, conditioners, intensive hair treatments, hand washes and hand lotions from \$4.99 to \$9.99 (sold exclusively at Shoppers Drug Mart). What's more, the sale of these items help support childcare programs in African communities. **METRO NEWS SERVICE**

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

A coffee or two a day...

Java can protect against heart disease and even death: Study

CELIA MILNE
for Metro Canada

Let's go for a coffee! Drinking your daily cup of joe — or even several — may provide some protection against heart disease and even death, according to the latest large-scale study of coffee's health effects.

This is good news for the estimated 63 per cent of Canadians who drink coffee every day.

Researchers in Spain and the United States ex-

amined data for 84,214 women who had participated in the Nurses' Health Study from 1980 to 2004. They also looked at a study of more than 40,000 men in the health professions who were followed from 1986 to 2004. All women and men enrolled in the study were asked how much coffee they drank on a regular basis.

Scientists found that women who consumed more coffee were less likely to die during the 24 years of the study. In fact, drinking two to three cups of coffee a day was associated with an 18 per cent reduction in death from

all causes. This was mainly attributed to fewer cases of fatal heart disease.

For men, the effect was the same, but not as dramatic.

Interpreting the results, Dr. Ahmed El-Sohehy, an associate professor in the department of nutritional sciences at the

University of Toronto and a scientist at the Canadian Institutes for Health Research, says coffee is safe for the majority of people who metabolize it properly. "It is probably fine for

most people in moderation; it would be prudent to limit yourself to two to three cups a day," he says.

"It is probably fine for most people in moderation; it would be prudent to limit yourself to two to three cups a day."

Dr. Ahmed El-Sohehy

the beverage, suggests Dr. El-Sohehy. Antioxidants are key nutrients — also found in fruits, vegetables, wine, tea, herbs and cocoa — that are known to be good for the heart.



The positive effects of java come from the antioxidants the beverage contains, suggests Dr. Ahmed El-Sohehy.

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My love/hate for Internet

HineSight

Anne Hines



Over the past few years, everything that could possibly be written about the frustrations of using the Internet has been written. All I could do now would be to rant about things that have already been said before. So, I'm going to do that.

This past week, I've come across two newspaper articles highlighting downsides of using the net. The first was about a woman in Eastern Canada who supposedly threatened to hold her Internet repairman hostage in her house until he got her connection working. This woman's actions shocked me. I had to ask, "Why didn't I think of that?"

The second article wondered if e-mail and text messaging are making us less sophisticated commu-

nicators. To this, I say, "well, duh."

Mostly, we see new technology as a good thing. Having the net means more leisure time. I was free to read these newspaper articles, for instance, because I was spending two hours on hold waiting to speak to my server's tech support.

When it comes to finding information, the net has what we need when we need it. Yesterday, I was able to find the mailing address of my daughter's university residence simply by locating the main page, checking 18 links that went nowhere, entering 40 search word versions of "mail, address, residence, give-me-the-info-or-I'll-scream" and after 45 minutes, voila! Without the net, I would have had to pick up the phone and ask someone.

But, the question these articles raised is, "Is it worth it?" This isn't a new question. Take, for example, one of the key inventions

of human kind. The pointy stick. Previously, our ancestors heading out after woolly mammoth favoured the "hit it with a rock" method. This was not very efficient, but better than the "taunt it until it falls over" tactic that came before that.

Still, the appearance of this wonder-tool must have raised concerns. Would the practice of trying to down large animals with a blunt stick be lost (the answer: "Hopefully, yes.")? Would the pointy stick be used only for good and not evil?

The fact is no innovation in history has ever been welcomed without concerns and misgivings. The only exceptions to this are of course indoor plumbing and the beer fridge.

So, considering it carefully, I would say that the truth about technology is this: it has good points and bad. Making it exactly like everything else.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

Without the net, I would have had to pick up the phone and ask someone.

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One thing we know as dentists is that **some people find visiting the dental office very stressful.** This is particularly the case when dealing with the **removal of wisdom teeth or the installation of implants.** For some, this anxiety can be so severe that it prevents them from actually following through with these procedures.

Proper installation of implants or removal of impacted wisdom teeth can be vital to your overall health, not just your dental health. We do not want your anxieties to prevent you from obtaining such treatment. Fortunately, there are options which can help ensure even the most nervous patient receives the necessary care. **One of the best such options is IV sedation.**

Many of you might have heard of IV sedation referred to as **"sleep dentistry"**. This is something of a misnomer. **You will remain awake throughout your treatment.** However, most patients find that they are in such a deeply, relaxed state that their anxiety about visiting the dentist melts away!

There are some important considerations to keep in mind before seeking IV sedation with your dental treatment. The first is to keep in mind that **the drugs used in this treatment are not anesthetics.** You

may still require the administration of an anesthetic. That may mean a needle. However, **the needle will only be administered after the sedation has taken effect.** So if part of your anxiety is related to the needle, fear not! The needle will only be introduced once you are comfortable!

You will have little to no memory of what transpired while under sedation. This will not prevent you from responding to requests from your dentist. You simply will not recall what happened. Some people might find that experience a bit unsettling. For most, this is not a major problem. However, you should be aware of this fact before undergoing sedation.

You will need to **bring a companion who can safely drive you home!** The effects of the sedation will linger for some time and having someone with you who can get you home safely is a must.

Complete medical disclosure is vital for your safety when IV sedation is used. Whether it is the

potential for an allergic reaction or a patient taking medication that might result in an adverse reaction

in conjunction with the sedative, your dentist needs to be informed to ensure **your health is always the top priority!** Don't hesitate to ask any questions you might have about these considerations.

A very small percentage of patients may not find the sedative to be effective for them. They may have to consider other options. However, most nervous patients find that IV

sedation is an ideal solution to make sure their dental anxiety does not interfere with their dentist's ability to protect their health and their smiles!

So if the thought of getting implants or removing wisdom teeth causes you concern, talk to your dentist about the use of IV sedation during such procedures. Because using IV sedation to look after your dental health is a healthy habit...and healthy habits lead to healthy lives.



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Actor Gerard Butler would love to revisit his hit movie 300, but has no idea how a prequel or a sequel would work. The star played Spartan king Leonidas in the 2006 hit. IMDB.COM

Entertainment

Last Pharaoh

Will Smith is reportedly set to fulfill one of his biggest ambitions — playing Egyptian pharaoh Taharqa on the big screen. Smith has been cast as the ancient ruler in *The Last Pharaoh*. IMDB.COM

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

Celeb Apprentice dumps Joe Francis

TV Girls Gone Wild founder Joe Francis has been dropped from Donald Trump's hit reality TV show *Celebrity Apprentice*, imdb.com reports. Francis said last month that he had signed up to appear on the business tycoon's reality series. **METRO NEWS SERVICES**

Beyoncé Knowles puts on pounds for Etta James role

MOVIES Beyoncé Knowles has been piling on the pounds to play jazz and blues great Etta James in new movie *Cadillac Records*, femalefirst.co.uk reports.

The singer/actress has reportedly gained 20 pounds

for the role, but admits that wasn't the hardest part of her transformation.

That came when she decided to visit a drop-in centre for drug addicts in Brooklyn, N.Y. — where she studied James' drug issues.

METRO NEWS SERVICES

Tricky cuts new mixtape for fans

IAN NATHANSON
for Metro Canada

For a spell in the mid-1990s, Portishead, Massive Attack and Tricky were considered England's leaders of trip hop: downtempo electronica that arose from the country's hip hop and house scenes.

That Tricky's newest album *Knowle West Boy*, in North American stores today, arrives in the same year that Portishead returns with its latest offering, *Third*, and Massive Attack works on new material for a future release should come as complete coincidence — and not, as the artist a.k.a. Adrian Thaws sees it, a trip hop revival.

"Those people followed my first solo album, *Maxinquaye*, in 1995 and then it formed into some kind of movement back then," says Tricky, a former Massive Attack member. "I was even told I created trip hop. Young artists have to be careful when getting involved in a movement. Because once it's over, you're over. It's safer not to be part of anything like that."

In the ensuing years, Tricky maintained a somewhat lower profile living in New York and Los Angeles while collaborating with the likes of Björk, Alanis Morissette, Nelly Furta-



Knowle West Boy, the new album from Tricky, is now available.

do, Elvis Costello, Red Hot Chili Peppers and Tool. Although he released another half-dozen albums, none have matched *Maxinquaye*'s super-praised success — prompting David Bowie to pen a 2,000-word fan-worship story for a British music mag.

"That was very weird for me," Tricky, now 40, says. "I never met the guy. But here I was in London picking up a magazine that had him writing about me. It blew me away — very surreal."

Tricky admits he never dealt with the whole fame thing very well and, since leaving Britain in the late 1990s, probably partied a tad more than he should have. But much of his own turmoil stemmed from his struggles with candida — a

condition best described as extreme yeast and sugar intolerance.

"It messes up your skin as well as your mind. It causes depression, makes you very angry and because of the way I treated certain people, it really screwed up my relationships," explains Tricky, adding that the condition is now kept under control through a strict diet and exercise regimen.

Knowle West Boy finds Tricky lyrically revisiting the Bristol, England, neighbourhood where he grew up through a mélange of blues, ska, hip hop, post-punk and rock.

"It's like a mix tape thank-you to all my fans," Tricky says. "It's sort of my way of giving back to the people."

JACKIE CHAN
ET LI

"GREAT FUN!" — ENTERTAINMENT WEEKLY
"DAZZLING!" — A.C. SCOTT, THE NEW YORK TIMES

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GCTC shows this season follow characters through the various stages of life ...

STAGES | 2008-09 SEASON

DVD pick

Baby Mama
Director: Michael McCullers
Rating: PG

TINA FEY plays a woman who turns her focus from career to motherhood. But, when she discovers Mother Nature is against her, Fey's character, Kate Holbrook, hires slobby Angie Ostrowski (Amy Poehler) to be a surrogate mom. DVD includes deleted scenes, an alternate ending, a "making of" featurette.

METRO NEWS SERVICES

MoreOnline
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TV dreams

Singer LeAnn Rimes dreams of being approached about starring in the hit drama *Gossip Girl*, because her husband is obsessed with it. FEMALEFIRST.CO.UK



entertainment 13

Fringe: Here today, likely gone tomorrow

Much-anticipated show is a puddle of gunk

Out there: Fringe, one of the most eagerly anticipated new shows of the season, debuts tonight on CTV, the A Channel, Access (in Alberta) and Fox, and creator J.J. Abrams expressed his anxiety about his latest work in an interview with the *Onion's* A.V. Club last week.

"It's a cocktail of excited for people to see it, terror that no one will watch it, and relief that something I've been working on for so long will finally be out there," he said.

Abrams is the man behind *Lost*, *Alias* and *Felicity*, and the director of *Cloverfield*, *Mission: Impossible III* and the next *Star Trek* movie. He's at what no one would dispute is the

top of his game in Hollywood, and gets the sort of attention that he probably didn't get as the screenwriter of 1990's *Jim Belushi* vehicle *Taking Care Of Business*.

Fringe is exactly what his audience expects — an eerie procedural thriller about shadowy government agencies, sinister conspiracies and nutjob quack science, wrapped in feature

IntelleVision

Rick McGinnis

rick.mcginis@metronews.ca

movie production values.

The show stars Anna Torv as an FBI agent sucked in to a vortex of weird crap, like a plane full of passengers with their skin in puddles on the floor, and Joshua Jackson plays the ne'er-do-well son

"Based on the debut episode, Abrams might want to get involved a bit earlier."

of a mad genius she has to spring from the madhouse to help her find out who's turning people into Jell-O. And yes, you can be excited if you're thinking X-Files.

Abrams has only written two episodes, according to IMDB.com, and his *Star Trek* duties have kept him out of the director's chair, but he told the *Onion* that he wants to direct "maybe a season finale or a season opener or something. I've been wanting to do it since the pilot. We have great directors working on Fringe, but when someone else directs something that you're involved with, it's always

their vision, and the director in my head is definitely wanting to get involved."

Based on the debut episode, Abrams might want to get involved a bit earlier. After the airliner opening, the pace dissolves like *Alka Seltzer*, despite the breakneck introduction of characters and plot points.

The dialogue is dreadful, and Torv and Jackson's delivery don't help sell it, and considering that Fringe is on axe-happy Fox, Abrams had better move fast if he wants to get his shot.

Rick McGinnis writes about music, movies, books and television, but not opera.

Mamma Mia! leads foreign box office

FILM The ABBA-inspired musical romance *Mamma Mia!* grabbed the No. 1 spot at the weekend foreign box office for the first time, grossing an estimated \$15 million US from 39 markets.

The adaptation of the stage hit opened at No. 2 in South Korea with \$5.5 million, and has now earned \$280.1 million internationally to become the fifth-biggest movie of the year. It opens this weekend in France, Belgium, Brazil, Mexico, Hong Kong and India.

The *Dark Knight*, which had been No. 1 for a total of four weeks, slipped to No. 2 with \$11.8 million from 62 markets. The total for the *Batman* sequel rose to \$437.2 million.

The *Mummy: Tomb of the Dragon Emperor* followed at No. 3 with \$11.6 million, pushing its overseas total to \$255.4 million. China was the big driver as the film, starring Beijing-born Jet Li, opened at No. 1 with \$7.9 million.

Wanted landed at No. 4 with \$6.5 million, taking its total to \$146.8 million.

At No. 5 was *Kung Fu Panda*, which collected \$6.3 million, hoisting its international gross to \$397 million.

REUTERS

OT	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
9/9/08	265	353	2	TVO	Undersee Exp.	Parks	The Agenda With Steve Palkin	No Tears	Can Dogs Smell Cancer	Agenda-Palkin		
	211	331	3	GYT	ET Canada	Entertainment	Big Brother 10 (N)	90210 "Lucky Strike" (N)	In Plain Sight (N)	News (N)		
	-	5	SRC	Virginie (SC)	La Factice (N)	Providence La police, (N) (SC)	Roxy (N) (SC)	Filantes	Le Téléjournal (N) (SC)	La Zone		
	209	342	6	CHRO	Robson Arms	TMZ (N)	Fringe "Pilot" (N)	Hole in Wall	Supernanny	News		
	196	311	7	CTV	Hollywood	eTalk	Fringe "Pilot" (N)	eTalk Idol	Law & Order: SVU	News (N)		
	208	303	8	CBC	Coronation St.	Jeopardy! (N)	Rick Mercer	The Tudors (DVS)	CBC News: The National	The Hour		
	-	360	9	NBC	Wheel-Fortune	Jeopardy! (N)	America's Got Talent (Live)		Law & Order: SVU	News (N)		
	117	713	10	TVA	Kmh (SC)	Videos	Histoires-filles	La Promesse (HDTV) (N) (SC)	TVA 22 heures (10:45) Denis Lévesque (N)	News (N)		
	-	11	GS	Catherine (SC)	10 façons	Une séductrice dans ma maison (2006, Suspense)	Tournants	Vidocq ** (2001, Suspense), Ines Sastre	Cent dix pour cent (SC)	Vi de couple		
	137	763	12	TFO	Panorama été	Les Éclaircissements	Brother 10 (N)	Fashion Rocks (N)	Geographic	Two/Half Men		
	-	362	13	CBS	Dr. Phil	Cold Case	News (N)	News (N)	2Half Men	King	Cold Case	
	216	395	14	OMN2	Cold Case	Biography "Sharon Osbourne"	Biography "Sharon Osbourne"	Privileged "Pilot" (N)	NY-Hollywood	Friends	News (N)	
	214	344	15	CITY	Law & Order: SVU	The Simpsons	News (N)	Vivere II	The Simpsons	King of the Hill	Metropia	
	115	343	16	CFMT	TwoHalf Men	The Simpsons	To Be Announced	Fashion Rocks (N)	Life Today	This Is Day	John Hagee	
	218	345	18	EL	The Insider (N)	El News	Wipeout (N)	Dossier public	Primetime (HDTV)	À la une	News (N)	
	-	351	20	ABC	News (N)	Entertainment	Michael Coren Show	100 Huntley Street	Life Today	News (N)	John Hagee	
	512	396	24	CPAC	Tête-à-tête	Beyond Poli	Michael Coren Show	100 Huntley Street	Life Today	News (N)	John Hagee	
	651	355	25	CTS	Happy Days	Laverne	Michael Coren Show	100 Huntley Street	Life Today	News (N)	John Hagee	
	-	365	36	FOX	TMZ (N)	Seinfeld	Fringe "Pilot" (N)	Hole in Wall	Law & Order: SVU	News (N)		
	-	64	PBS	Business Rpt.	Folklore	eTalk	Fringe "Pilot" (N)	Tim Janis: An Enchanted Evening	Law & Order: SVU	News (N)		
	205	312	104	CTV	Hollywood	Newman	The Hour	CBC News: The National	Wal-Mart Nation	National		
	500	390	26	NW	CBC News	Newman	The Hour	CBC News: The National	Wal-Mart Nation	National		
	502	500	33	CNN	Lou Dobbs Tonight	CNN Election Center	CNN Election Center	Larry King Live	Anderson Cooper 360 (HDTV)	Sportsnet Connected	Best-Sports	
	406	417	27	net	Darts World Premier League	Grands reportages (SC)	World Series of Poker	World Combat League	Le Club des ex	Le National	Le Téléjournal	
	126	730	28	RDI	RDI en direct sur l'actualité	MLB Baseball Toronto Blue Jays at Chicago White Sox (HDTV) (Live)	Poker: Canadian Open	Score Tonight	Final Score	SportsCentre		
	400	280	30	TSN	2008 World Series of Poker	World Series of Poker	Poker: Canadian Open	Score Tonight	Final Score	SportsCentre		
	410	403	52	SCR	Cabby Unlimit	Stump-Schwab	Survivorman	Angry Planet	Surf Patrol	Don't Forget Your Passport	Pilot Guides	
	411	457	56	OLN	Ed's Up	Videos	Survivorman	Angry Planet	Surf Patrol	Don't Forget Your Passport	Pilot Guides	
	417	406	59	SC	Pinks (HDTV)	Pass Time	Unique Whips	Low Life	SuperCars	Super Bikes!	Pinks (HDTV)	
	554	544	48	TFL	George-Jungle	Bugs Bunny & Tweety Show	6teen	Total Drama	Futurama	American Dad	Robot Chicken	Rick & Steve
	557	540	51	FAM	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han, Montana	Life Derek	Ned's School	Cory in House
	551	542	65	YTV	Malcolm-Mid.	Home Improve.	Prank Patrol	Futurama	Prank Patrol	Mystery Hnt.	Prank Patrol	Mystery Hnt.
	570	580	29	MM	mimtop	Where You At	Fleetwood Mac - Rumours	Listed (Part 1 of 2)	Rock the Cradle	The Cleaner	Party of Five	
	615	520	31	A&E	CSI: Miami (HDTV)	CSI: Miami (HDTV)	The First 48 (HDTV)	The First 48 (HDTV) (N)	The Cleaner (HDTV) (N)	The Cleaner		
	628	584	32	SPKE	CSI: Crime Scene Invstgtn.	CSI: Crime Scene Invstgtn.	CSI: Crime Scene Invstgtn.	Star Wars V: The Empire Strikes Back **** (1980, Science Fiction)	Dr. G: Medical Examiner	Shocking Story		
	521	560	34	TL	Half Man, Full Life	Half Man, Full Life	My Shocking Story	Mystery Diagnosis (HDTV)	Le Compteur d'oiseaux	Journal TV5		
	145	761	35	TV5	Pékin express	Les Samourais noirs	Living stones	Trailer Park	Trailer Park	House		
	616	521	39	SHO	About a Girl	About a Girl	The Best Years (DVS)	Trailer Park	Trailer Park	House		
	620	523	40	BVO	Desperate Housewives	Live at the Rehearsal Hall	How It's Made	Smash Lab	Celtic Roots	Irish Music	Law & Order	
	520	505	42	DIS	Daily Planet (N)	Canadian Country Music Awards	Newlywed	In Laws	Rich Bride, Poor Bride	The Simpsons	South Park	
	575	583	43	CLT	Canada Countdown	ET Canada	Just for Laughs	Corner Gas	The Simpsons	South Park		
	601	562	45	COM	Air Force	Just for Laughs	Corner Gas	The Simpsons	South Park			
	294	529	47	TBS	MLB Baseball Colorado Rockies at Atlanta Braves (HDTV) From Turner Field in Atlanta (Live)	Dirty Business	Outside	Colin & Justin's Home Heist	Comic-Con-Idential	Stargate SG-1		
	600	564	49	H&G	House Hunters	Property Virgin	Star Trek: Next Gener.	Battlestar Galactica	Comic-Con-Idential	Stargate SG-1		
	627	528	50	SBC	Lost "Pilot" (Part 2 of 2)	Star Trek: Next Gener.	Battlestar Galactica	Comic-Con-Idential	Stargate SG-1			
	581	566	53	MTV	Busted	After	Canada's Next Top Model	Making the Band 4	From G's to Gents	MTV Live		
	618	524	54	TROP	Beverly Hills, 90210	Planet Soap	What Happen?	Family Guy	Seinfeld	King	Family Guy	
	522	506	55	HIS	NCIS "Witch Hunt"	The Worst Jobs in History	Mayday (HDTV)	Bless-Father	On the Buses	Coleen's Real Women	Wapos Bay	Rez Rides
	129	773	60	CD	Biographies	Mayday (HDTV)	Bless-Father	On the Buses	Coleen's Real Women	Wapos Bay	Rez Rides	
	261	394	61	V	Murder, She Wrote	Coleen's Real Women	Wapos Bay	Rez Rides	TMZ (N)	eTalk	Live at eTalk	
	602	567	62	W	Will & Grace	Friends	Wapos Bay	Rez Rides	TMZ (N)	eTalk	Live at eTalk	
	269	550	70	APTN	Closer-Home	Great Towns	Wapos Bay	Rez Rides	TMZ (N)	eTalk	Live at eTalk	
	621	527	71	TLK	The Ellen DeGeneres Show	TMZ (N)	eTalk	Live at eTalk	TMZ	The Tonight Show-Jay Leno	TMZ	
	603	561	95	FN	Grill It-Play	Licence to Grill	Restaurant Makeover	HEAT-McEwan	HEAT-McEwan	Top Chef "High Steaks"	Restaurant	

critics' corner

Fringe
It's not "The X-Files," but this new series from J.J. Abrams of "Lost" fame should appeal to fans of Mulder and Scully. Like "Lost," this one starts with an airplane — only this one didn't crash. It landed at Boston's Logan Airport with everyone aboard mysteriously dead. FBI Special Agent Olivia Dunham (Anna Torv) investigates with the help of a brilliant, institutionalized scientist (John Noble) and his son (Joshua Jackson). Lance Reddick also stars. 8 PM on 7 CTV 6 SHRO 36 FOX



Fashion Rocks
As the Victoria's Secret specials and other shows have proved, and this offering reconfirms, fashion and music don't have to be mutually exclusive. Taped at Radio City Music Hall in New York, the event merges performances by such stars as Beyoncé, Black Eyed Peas, Justin Timberlake, Lil' Wayne, Keith Urban, Mariah Carey, Rihanna and others with designs by icons of the fashion world. Denis Leary hosts. 9 PM on 13 CBS

Dancing with the Stars pro Tony Dovolani and his wife, Lina welcomed a boy and a girl, Adrian Driton Dovolani and Adriana Dovolani early yesterday at a hospital near their Connecticut home. **PEOPLE.COM**

Dancing baby

Celebrity Buzz

Watts prefers women

PEOPLE Actress Naomi Watts prefers filming love scenes with women, because she feels no "sexual tension" with them, imdb.com reports.

Watts, who shared a same-sex kiss with Laura Harring in 2001 movie *Mulholland Drive*, insists she is more at ease filming intimate scenes with women than men.

"The easiest sex scene I have done was in *Mulholland Drive*. That's because it was with another woman," she says. "There was no awkwardness and there was no sexual tension."

METRO NEWS SERVICES



Sparks flies after Brand makes purity ring joke

MTV AWARDS Russell Brand angered American Idol champ Jordin Sparks when he made fun of purity rings at Sunday's 2008 MTV Video Music Awards, usmagazine.com reports. During his opening monologue, Brand (a confessed former sex addict) repeatedly joked about the Jonas Brothers' purity rings, saying they should take advantage of their celeb status to get lucky. Before introducing T.I., Sparks — who has been open about wearing a puri-

ty ring — slammed the comedian for making the remark. "I just wanna say, it's not bad to wear a promise ring because not every guy and a girl wants to be a slut, OK?" she told the audience. Brand later clarified his joke. "I didn't meant to take it lightly," he said. Later, he added, "Promise rings, I'm well up for it. (But) a bit of sex, it never hurt anybody."

METRO NEWS SERVICES



It's twins for Wentz, Simpson, pal says

CHILDREN Ashlee Simpson is reportedly expecting twins with husband Pete Wentz, femalefirst.co.uk reports.

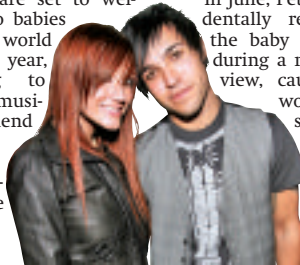
The 23-year-old singer and her Fall Out Boy rocker beau are set to welcome two babies into the world later this year, according to Pete's musician friend Tyga.

"Pete and Ashlee are having twins. They're really happy," hip-hop star Tyga told gossip website E! Online.

This is not the first time it has been claimed the couple are expecting two bundles of joy.

In June, Pete, 29, accidentally referred to the baby as "them" during a radio interview, causing fans worldwide to speculate.

Ashlee is carrying twins. METRO NEWS SERVICES



Britney mad at mom

FAMILY RIFT Britney Spears is said to be "furious" with her mother, Lynne, after she detailed her daughter's past in her memoir, *Through the Storm*, PageSix.com reports.

The book blames all of Britney's problems on her daughter's former managers. Spears — who already considered her mother a siphon on her purse — is "upset" about the book, sources said, especially when she feels Lynne herself caused so many of her problems and issues.

Spears is now only talking to her father, Jamie, who, as her conservator and guardian, has cleaned up her affairs and put his daughter back on the straight and narrow. METRO NEWS SERVICES



Wedding bells for Bedingfield

MARRIAGE Natasha Bedingfield is ready to walk down the aisle, People.com reports. The pop singer, 26, just got engaged to her boyfriend Matthew Robinson.

"It just happened," she said. "But I am so excited, and it happened in New York. And I want to share it with the world."

She added: "We haven't thought about a date. We're just celebrating. I'm the luckiest girl in the world."



METRO NEWS SERVICES

Doherty pines for Moss

PEOPLE Pete Doherty still loves Kate Moss, femalefirst.co.uk reports. The Babushambles rocker, who split from the supermodel more than a year ago, realizes he will never win Moss back but admits he would be overcome if she ever attempted a reconciliation.

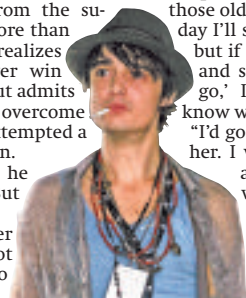
"It's over," he said. "But whether or not I'm over it, I'm not sure. It's so

hard talking about someone you love after you have split up.

"It's painful to rake up those old emotions. Today I'll say I'm over it but if she walked in and shouted, 'Let's go,' I don't really know what I'd do."

"I'd go, but not with her. I would just go and cry somewhere. It's over. It's gone."

METRO NEWS SERVICES



celebrity briefs

Back to school for Turlington

PEOPLE Former supermodel Christy Turlington is to turn her back on fashion and head to college, imdb.com reports. The one-time catwalk queen is planning to study maternal and child health at Columbia University, according to the *New York Daily News*. Turlington, who has two children with actor husband Ed Burns, is passionate about maternal care and is an ambassador for humanitarian organization Care (Christian Action Research and Education).

METRO NEWS SERVICES

Mills reneged on charity?

MONEY Heather Mills may have failed to hand over a multi-million dollar charity donation, femalefirst.co.uk reports. The former model vowed to give "a large majority" of her \$42-million divorce payment from Sir Paul McCartney to the Adopt-A-Minefield organization, of which she is a patron, but charity sources claim they haven't received anything.

"They have waited in vain for their millions. She's had plenty of time," a source said. Mills made the donation pledge in 2006, during divorce proceedings from the former Beatles star. "Around 80 per cent of my money goes to charity," she also added in an interview last year.

METRO NEWS SERVICES



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